

FIND YOUR ZEN WITH DIY OOBLECK STRESS BALLS

Have you got too much homework on your plate...? Exams coming up..? Or perhaps you're back in lockdown again and things are really starting to stress you out?

Science tells us that completing tasks - releases a happy hormone called Dopamine. While using a stress ball can help to reduce your stress hormone OR cortisol levels. So...that means it's time to make your own oobleck stress ball and find your inner zen!

WHAT YOU NEED

- Round Latex Balloons
- Scissors
- Mixing Bowl
- Spoon
- Cornflour (2 cups)
- Food Colouring
- Funnel
- Water (1 cup)

INSTRUCTIONS

Step 1

Mix the cornflour and water together in a bowl. Add a few drops of food colouring (choose a dark colour so you can see it better when you squeeze your stress ball). You've just created what's called oobleck!

Step 2

Once your oobleck is ready, place the funnel into the neck of a balloon and then pour the mixture into the balloon through the funnel. Fill the balloon up as much as you can and then tie a knot in the neck of the balloon so no oobleck can escape out!

TIP: Be patient with your oobleck - the minute you put it under pressure, it will turn into a solid and it won't pour properly!

Step 3

Cut the neck off another balloon and stretch this over your oobleck filled balloon making sure to cover the knot from the first balloon.

Step 4

And there you have it! You've just made your very own stress ball! Start flexing those muscles to reduce your stress hormones.

